

Lap Pool Schedule

Program/Activity Description	Dates for Registration	Instructor	Ages	Time Block	Cost
Lap Swim - Need time to swim? We offer several different time options. Whether your choice is swimming laps, aqua jogging or just doing your own thing we have a time to fit your needs.	N/A	N/A	Teens, Adults, & Seniors	7am-8:30am (M-F) 11:30am-1:30pm (M-F) 7:00pm-8:45pm (M,W,F) 11am-1pm (Sat)	\$2 per session \$30 for month
Senior Lap Swim - Our senior lap swim times are offered to individuals 55 years of age or older.	N/A	N/A	Seniors	1:30pm-3:30pm (M-F)	\$2 per session \$30 for month
Water Aerobics - Enjoy a shallow water class which combines cardiovascular work, muscle toning, balance and core work in a fun environment. No swimming skills are needed and all equipment is provided. A doctor's clearance is required before participating in the class.	Ongoing	Heidi Perry	Teens, Adults, & Seniors	9am-10am (MWF)	\$3 per class \$25 for punch card
Power Walking - This shallow water locomotion class is perfect for those who need a workout but require a low impact program. A doctor's clearance is advised before participating in the class. All equipment is provided.	Ongoing	Heidi Perry	Adults and Seniors	10am-11am (MWF)	\$2 per class \$20 for punch card
Deep Water Aerobics - Looking for a challenging workout? Get in over your head with us for some intense water aerobics. This class uses floatation belts to keep you afloat while doing exercises in deep water. The focus is on toning, cardiovascular strength, endurance and core work. No swimming skills are needed. All equipment is provided.	Ongoing	Kim McLeod	Teens, Adults, & Seniors	9am-10am (T,TR,Sat)	\$3 per class
Evening Aerobics – Enjoy a shallow water class which combines cardiovascular work, muscle toning, balance and core work in a fun environment. No swimming skills are needed and all equipment is provided. A doctor's clearance is required before participating in the class.	Ongoing	Heidi Perry	Adults & Seniors	6pm-7pm (T&TH)	\$3 per class \$25 for punch card
Cardio Waves - This is a high intensity water aerobics program geared towards individuals who are looking to push their limits! All equipment is provided.	Ongoing	Kim McLeod	Teens, Adults, & Seniors	6pm-7pm (MWF)	\$3 per class \$25 for punch card
Open Swim - Recreation swim is perfect for bringing the kids to play. Children 12 and under must be accompanied by someone at least 16 years of age or older. Any child 6 or younger must be within arm's length of an adult, 16 years or older at all times. Also, any child who requires flotation devices of any kind must be within arm's reach of an adult at all times. LAP POOL ONLY	Ongoing	N/A	All ages	4pm-5:45pm (MWF) 1pm-4:45pm (Sat)	\$2 per child (12&under) \$3 per adult (13&up)

Therapy Pool Schedule

Program/Activity Description	Dates for Registration	Instructor	Ages	Time Block	Cost
Open Therapy - Have a need for therapy? Come to the warm water therapy pool to engage in your therapeutic activities to fit your therapeutic needs. This pool is for low impact swimming. You will not be allowed to jump, splash, or make big waves. This pool is not for open swim participants.	N/A	N/A	All Ages	10:00am-6pm (M,W,F) 6pm-9pm (T,TR) 1pm-4:45pm (Sat)	\$2 per visit \$25 per month
Adult Only Open Therapy – An adult only time for therapy that you can engage in activities of your choice to fit your therapeutic needs. This pool is for low impact swimming. You will not be allowed to jump, splash, or make big waves.	N/A	N/A	Adults & Seniors	7am-10:00am (M,W,F) 7am-11am (T, TR) 6pm-8:45pm (M,W,F) 9am-11am (Sat)	\$2 per visit \$25 per month
SilverSneakers® Splash - A fun, low impact program geared towards senior citizens looking to improve the quality of their social life and physical well-being.	Ongoing	Heidi Perry	Seniors	11:45am-12:45pm (T,TR)	\$3 per class
Arthritis Class - This class will help you get your gears moving, not grinding in the morning with an expertly tailored workout. Arthritis class is instructed by an American Arthritis Foundation certified instructor. All equipment is provided. A doctor's note is required, but you're welcome to try a class without the note and bring one to the next session.	Ongoing	Heidi Perry	Adults & Seniors	11:00am-11:40am (T,TR)	\$3 per class

Teaching Pool

Mommy and Me – Enjoy Mommy and Me swim time with your children!	Ongoing	N/A	4 and under	1:00pm-2:00pm (M-F) June-August 12:00pm-1:00pm (M-F) Sept.-May 12:00pm-1:00pm (Sat)	\$1 per visit
Home School Swim - Enjoy fun swim time in the pool! Parents are welcome to join in.	Ongoing	N/A	17 & under (Parents welcome)	2:00pm-4:00pm (T, TR)	\$2 for 12 & under \$3 for 13 & over

All pools are closed Tuesdays and Thursdays from 4:00pm-6:00pm